

WIC Cash Value Benefit Increase for Children & Women

Frequently Asked Questions

What does this benefit provide?

This benefit provides an increased Cash Value Benefit (CVB) each month, at least through December 2021. Children and women can spend this on fruit and vegetables in a grocery store. Each eligible family member will receive this benefit, so it may be a lot!

What amount will I receive each month?

The CVB value is different than the last increase- it is higher!

Children- \$24 per month

Pregnant and non-breastfeeding postpartum people- \$43 per month

Breastfeeding people- \$47 per month

Why only until December?

This increased benefit has been approved by Congress through December. If it is extended, Michigan WIC will let you know.

Does this benefit roll over?

Just like other WIC benefits, your unused benefits will NOT roll over to the next month.

Where can you use this benefit?

This benefit can only be used at participating WIC grocery stores, NOT farmers' markets.

What can you get with this benefit?

You can get allowed fresh, frozen, or canned fruits and vegetables. Refer to the [Michigan WIC Food Guide](#) for options.

Helpful Tips for Using your Fresh Fruit & Veggie Benefits

- Check out [Health eKitchen](#). Use your wichealth login and choose from 1000s of recipes!
- Search [Dr. Yum](#) by "WIC Food Package" for your new favorite veggie recipe!
- Find Michigan grown fruits and veggie recipes at [Harvest of the Month](#) or [Michigan Fresh](#).
- These MSUE handouts can help you brush up on kitchen skills:
 - Safe handling of fruits & vegetables ([English](#), [Spanish](#), [Arabic](#))
 - Storage of fruits & vegetables ([English](#), [Spanish](#), [Arabic](#))
 - Freezing fruits & vegetables ([English](#), [Spanish](#), [Arabic](#))
- MSUE's [Michigan Fresh](#) website is full of information on how to make foods last longer, taking your child to the store or market, and making recipes for specific fruits or vegetables.
- The American Heart Association offers a Grocery Guide in [English](#) and [Spanish](#) which contains tips for budgeting, planning menus, and shopping wisely, including fresh, frozen, and canned fruits and vegetables.